

## Procrastination Busting Method

Use the space below to 1) Name the problem; 2) Identify your excuses; 3) Create solutions to overcome each excuse.

**PROBLEM:**

*Laundry doesn't get folded and collects on the bed and on top of the Hamper and gets wrinkled.*

**EXCUSE:** *I don't like doing laundry*

- SOLUTIONS:**
- *Listen to the radio*
  - *Minimize the amount of time needed to complete*
  - *Do it on a set day every two weeks (so not worried about the task and have plenty of time to complete)*

**EXCUSE:** *I dislike folding laundry*

- SOLUTIONS:**
- *Set up an area just for folding; set up a table*
  - *Listen to the radio while folding*
  - *Don't bring the laundry up from the basement until it's folded*
  - *Hang clothes while folding; bring up clothes for closet already on hangers so easy to put away*

**EXCUSE:** *It's a lot of trouble*

- SOLUTIONS:**
- *Have enough laundry baskets*
  - *Make it a part of my routine*

**EXCUSE:**

**SOLUTIONS:**

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**PROBLEM:**


**EXCUSE:**

**SOLUTIONS:**

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